



Interview with Aneesha.

Shadow of the Whip.

Darshan Diary.

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In an interview with her some days after she had taken sannyas, Aneesha described the kind of therapy she has been involved in..

Aneesha: What I've been doing for the last five years is Neo-Reichian therapy, emotional release work—it's a variety of Radix. There are a lot of different kinds of Reichian work out these days—Bio Energetics, as well as Primal—which are related, but I've been trained in Radix as taught by Charles Kelly who was a student of Wilhelm Reich.

I trained with him for about two and a half years in Santa Monica. Since then I've been practicing. I've been in private practice up in North California. Then I went to Esalen, and was there for the last year.

Maneesha: Had you done a lot of work on yourself before that?

Aneesha: Not before that. Before I went into training I was just out of college and was running an antique store and looking for something. Through maybe Yoga, and through a series of people telling me that I should read Reich, I got notice about a lecturer that Charles Kelly was giving, and I went to it. A few months later I went to a work shop in Reichian work and just knew that this was what I wanted to do.

In January of '72 when he did the first programme, I got into that and did a lot of intensive work on myself. That's been the main sort of group work I've done—group and Individual work.

Maneesha: What did you study at college?

Aneesha: Philosophy and political science.

Maneesha: at what point did you feel that you were looking for something new?

Aneesha: I had my first-what I would call-“religious experience” when I took acid in the summer of ‘68. I just realised the oneness of everything, and that if I died in the next moment, it would make no difference at all.

Then I started reading Eastern religions and started taking courses in that, and from that time have been a seeker.

Maneesha: Did you do the circuit of gurus in the States?

Aneesha: No, I really haven't. I read about them. Muktananda was in San Francisco the time I was at Esalen, but he didn't call me-I didn't go there and I didn't feel drawn to him. I haven't been to a lot of gurus but once I flashed on Osho, once I started reading him.. And I mean, even before I read him, I felt the pull-and I don't know why.

When I got London this summer, finally the books were available to me, so I started to read, and I just kept saying, “Yes! Yes! Yes! This is right!” So Osho is really the first Guru that grabbed me, because he's the only.. I've been knowing for a while that the higher spiritual place-or whatever that is-can't be really contacted.. You can't really dwell in those places until you've cleared the physical, cleared the lower. The body needs to be open before that other can really develop-and Osho was the first person I heard saying that.

What I do is to clear the body-that's the place where I work. I haven't as yet found how to carry it further than that in terms of teaching. For myself I'm finding ways of doing that-clearing the body and then moving into the spiritual whatever it is.

Aneesha went on to say that through meeting sannyasins and through a mutual desire to come to India she shared with Amit Prem (formerly Bernard G nter found herself on the way to

Poona in December of this year.

Maneesha: So you had already decided you wanted to take sannyas?

Aneesha: Yes, I knew in the summer time; I decided that this was what I was going to do. I didn't do it then because I really wanted to take sannyas with Osho.

Maneesha: Any impressions or feelings that came up on first seeing him?

Aneesha: When you know, "There's Osho!" Sitting in the lecture a number of times I would feel that in my heart and I'd start to cry.

Maneesha: Did you have the feeling that this was really it.. This was what you were after?

Aneesha: No, because everything was already confirmed. I already knew that before I saw him.

Maneesha: So how do you feel about him now? Do you feel that the relationship has undergone any changes?

Aneesha: Well, I feel a clear difference being a sannyasin. I feel, "Okay, I'm committed." It's like this is what I'm doing with my life—now and for however long to come.

Maneesha: He is many different things to many different people. To some, Osho is a tool for their growth, to others he's a love object, and to others an incredible energy source.

Aneesha: I guess it's hard to me to say. I feel like I'm waiting in a sense, or that it's not clear to me yet what our relationship is.

Maneesha: Do you feel love for him right now?

Aneesha: Yes, yes.. And I feel much more is in potential. I guess I just feel part of the movement that is him.. And there is a lot of love.

Maneesha: Do you feel aware of the significance of whom Osho is and what can happen through him in terms of human evolution?

Aneesha: Yes, yes. I feel that it's a reverberation that is happening in the world with him. It's geometric in its explosion right now—the numbers and the numbers and the numbers that will be coming. I do feel his significance. I feel that he stands apart from other gurus or whatever.

Maneesha: Why do you think he stands apart? Why do you think he might have more appeal than others—apart from what you have already said about his confirming your feelings about first working on the body.

ANEESHA: Well, he seems to have a more personal relationship with each person, and I think that's so special, so beautiful. I mean, he doesn't have to do that, and yet he does. I think that's a real appeal. That he really does let people know that he loves them. He loves everyone of course, but I think each person probably feels that in a personal one.

And he speaks to Westerners more than any other eastern Guru that I've heard, and he seems to know what a Westerner needs in terms of spiritual development more than any other guru. It would seem that Osho has—aside from everything else—really done his homework, and really knows from a very deep place what Westerners really need. That seems in a practical way, really important—that he can reach that many people. He can reach the Indians and Westerners.. bring everybody together.

Maneesha: Have you been doing the meditations here?

Aneesha: Some of them, yes.

Maneesha: How do you feel about them on the whole?

Aneesha: I love them. I think they're great. The first time I did the Dynamic, I was in the midst of a lot of feeling because I was leading the three-week course that Poonam (a sannyasin therapist in London) took this summer. For a week and a half I had been putting out and putting out and hadn't got anything

for myself so I just went in there and "aahhh!".. I really let it loose.

The Kundalini is exquisite and the Nataraj-all of them; I love them. And the more I do them, the more dimensions of them I get, so I'm looking forward to the camp to do all of them every day consistently and to just go deeper and deeper. But I think they're fantastic.

It'd be neat if he came out with even more of them because I really liked them. When I was at Esalen I had four tapes and I played them for the two weeks every morning-and the people just loved them. In fact one lady came here, and I think she's a sannyasin now. That was the first she'd heard of Osho, and it was very exciting for me to see that she just came.

Maneesha: what are your feelings about the ashram?

Aneesha: I really like it here more as I'm here more and get to know more of the people. I love it!

Maneesha: what were your first feelings?

Aneesha: It felt like a nice place that I wasn't into yet. Then as I get into it, I feel for the place a lot more.

Having lived at Esalen, I have lived in a community, so that I know what it feels like. I think for some people who have never lived in a community or a place like this where so much is happening all the time, it's like WOW!" From me it's a little less like that-and I don't know whether it's because I've lived at Esalen. But the quality of people that are here is beautiful, and the connections-their personal connections-and a lot to be experienced here is beautiful. I didn't expect people to be concerned about me.

Maneesha: Did you immediately feel that, or did you feel initially that people weren't too concerned about you?

Aneesha: I didn't expect people to be concerned about me. I take responsibility for getting what I need. Also I'm aware that it takes a little time for connections to be made, and so it

happened pretty much as I expected.

As I've been here a little bit longer, I've got to know people. The second day I was here I met a man and we've been living together. I felt that in the same way, many things happen here very fast for a lot of people. That's been a good connection. It's been an incredible learning situation. Were both learning a lot from each other in terms of relationship.

Maneesha: Do you feel a different atmosphere here as compared to Esalen?

Aneesha: Well the main difference is that focus is on Osho and that there's just that tremendous love being focused. Were all wearing orange and we all have malas, and we know that this is what we're here for, so that automatically makes it different.

Maneesha: There was a sense of love and community at Esalen?

Aneesha: For myself, I experienced a lot of love, but there are a lot of people bored because they've been there too long and not a lot is happening. I was really very happy there.

But it certainly wasn't the same. Here there's more purpose. It's much more free-floating. People are in Esalen for a weekend and then out again, or for a week; and here people come for at least a month probably, and more often for longer, so there's a little more continuity between the people and the relationships it seems.

I think in general that the people who are staffing this place.. there is a lightness or a love that does seem to be flowing, whereas at Esalen, I just remember seeing a lot more unhappiness. When the person was not in a good space, often there was the feeling that there was just no way out. Whereas here you either write a letter to Osho or you remember Osho and you say, "Oh yes!"-and it's okay.. It feels different.

I've been of the awareness for the last couple of years that when I'm really in a rough spot, I say, "Okay. If God were trying to teach me a lesson what would he be trying to get across to me?" I think everybody does that here. It's like, "okay

Osho. What are you trying to tell me?"

At Esalen there is not really that sense that this is just part of the process—but here we really know it. We know there's a point to be got out of it and that's really important. It's nice to be amongst people who really know that, as opposed to people who when they are in a hole, just don't know how to get out of it.

Yes, There is a really beautiful lightness here.

Maneesha: Do you see Osho using the ashram and the relationships we form as devices?

Aneesha: Yes, absolutely. I may even project that onto things that are happening, but maybe that is part of it to. I do see every situation that I'm in here as a device—certainly illnesses. And the relationship I'm having—perfect! Just perfect as a device.

Maneesha: How do you see the ashrams significance? Is it just a therapy group to you.. Just an alternative Esalen?

Aneesha: No, because the freeing up of the psyche or of the body or of the feeling is the first step—and I feel that all the growth centres do that. Taking the person past that is really what Osho is here for. I mean he saying, "Yes, do all that and then .." There's no "and then" at any other place that I'm aware of. I feel that all the group stuff is just to get everything loosened up and moving and then Osho can do his work.

Maneesha: So to you Osho is the natural culmination for anyone who has worked intensively?

Aneesha: Absolutely. The growth work is just beginning I feel. Therapy is just a beginning, and what really counts is what comes after that—that's the real growth ..that's the real thing.

Maneesha: Do you feel that Laura has died?

Aneesha: Died? I don't know. I'm forgetting about Laura. I'm more and more Aneesha. People ask me what my name is and

that's automatically what I give them. I wouldn't say died (laughingly). I mean, it would be quite a miracle if she had, but I would say that she is definitely on the way out ..

